

BEAR CANYON SENIOR CENTER

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

cabq.gov/seniors

Department of Senior Affairs



**A Message From Our
Center**

Hello everyone,

September is National Senior Center Month! We are proud to recognize the incredible work happening at our senior centers and the dedicated staff and volunteers who make it possible. Our centers play a vital role in strengthening our community by providing connection, support, activities, and opportunities for older adults to thrive. Thank you for everything you all do to make our community a welcoming and vibrant place for everyone.

We would like to highlight and thank the Friends of Bear Canyon for hosting the third annual member appreciation event. Thanks to their dedication and the many hours spent in planning and preparation, the event was another huge success. We hope everyone enjoyed it and we look forward to the next one!

Please remember that we will be closed on Monday, September 7 for Labor Day.

As always, we appreciate your continued support and participation.

Best regards,

The Center Staff

Center Hours

M-W: 8 am - 5 pm

Sa: 9 am - 3 pm

Th: 8 am - 9 pm

Su: Closed

Fr: 8 am - 5 pm

DATES TO REMEMBER

Sep 2 Bear Canyon Guitar Concert

Sep 7 Closed for Labor Day

Sep 9 FOBC Birthday Social

Sep 11 Movie Matinee

Sep 14 Out to Dinner

Sep 16 Wednesday Dance

Sep 17 Lunch Bunch

Sep 18 Pie Social

Sep 23 Beartones Choir Concert

TBA FOBC Restaurant Fundraiser



We will be closed on
Monday, September 7,
to commemorate
Labor Day.

OF SPECIAL NOTE: For all of our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page.

Accredited by 
National Institute of
Senior Centers

General information & Assistance



POST 10763

Post meetings are held at Bear Canyon the first Thursday of every month at 9:30 am. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

There is a VFW Information table in the lobby during breakfast and a Veterans Outreach table from 9:30 am to 1 pm to further assist veterans.



Advisory Council Meetings

Meetings are held from 12:00 - 1:00 pm.

Mon, Sep 21	North Domingo Baca MGC
Mon, Oct 19	Bear Canyon Senior Center
Mon, Nov 16	Conway Wood NW MGC
December	No meeting

Zoom meeting link:

<https://cabq.zoom.us/j/89110160434>

To visit the Advisory Council webpage, click this link: <https://www.cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory->



DRIVER SAFETY CLASSES

1st Saturday of the month
9:30 am - 1:30 pm

or

3rd Thursday of the month
12 - 4 pm

Cost: AARP members \$20; non-members \$25
Call (505) 767-5959 to register.

Navigating Medicare Assistance

Friday, Sept 11, 2026

Lobby

10 am – 2 pm

Provided by NM Aging and Long-Term
Services SHIP Counselors.

NEW MEMBER ORIENTATION

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 - 11:30 am. Anyone who would like to attend is welcome.

MEMBERSHIP CARDS

Membership Cards are required when purchasing meals and attending any activities at the center. Membership fee is \$20 per year for City of Albuquerque residents and \$50 for non-City residents. Membership is valid at all City Senior (50+) and Multigenerational centers.

HANDOUTS AVAILABLE AT FRONT DESK

- List of Ongoing Activities at BCSC
- DSA Transportation Pamphlet
- DSA Guide to Senior Services

HELPFUL NUMBERS

Department of Senior Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

Calendar of Activities

COMPUTER LAB OPPORTUNITIES

PC COMPUTER WORKSHOP



Third Wednesday of the month
1:30 pm to 3:30 pm
Contact person: Harold Gottlieb
Email: hbgottl2@q.com

A roundtable discussion and sharing of knowledge on topics of interest.



APPLE MAC WORKSHOP

Fourth Saturday of the month
9:30 am - 12:30 pm
Activity Leader: Bo Keith
Email: bnkeith@comcast.net

A presentation will be followed by an open question and answer period.

OPEN COMPUTER LAB

Monday - Wednesday - Friday
9 – 11 am

Drop-in assistance with Apple products on Monday;
Windows Products Monday, Wednesday, Friday

HERE'S TO YOUR GOOD HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



2nd Tuesday of the month
8:30 am - 12 pm
In the Lobby

GEHM provides a wide variety of health services to help seniors achieve and maintain a high level of health and independence. UNM nursing and pharmacy students provide the services.

BLOOD PRESSURE SCREENING

Wednesdays
9 - 11 am
Room 2

We are retired registered nurses who provide weekly screening to assist you in monitoring and maintaining good health. We provide you with a card to keep a paper record of your readings.

If you are a retired RN and would like to join us contact Lupe at 505-401-2558.

Calendar of Activities

MONTHLY AFTERNOON DANCE

Wednesday, September 16
Continuing every 3rd Wednesday
2 - 4:30 pm
\$3 per person

Current membership card & ticket required.



The band this month:
Paul Pino
& the Tone Daddies



FRIENDSHIP COFFEE

Every Tuesday, 9:30 - 10:30 am

Friendship Coffee is a great opportunity to gather with old friends and make new ones while enjoying a cup of coffee and a morning treat. The event is free, thanks to the generosity of these sponsors and supporters.

Last month's sponsors:

- Aug 11 Sandia Vista
- Aug 18 Trujillo Family Funeral Homes
- Aug 25 Beehive Homes

CHOIR CONCERT

BEAR TONES

Of Bear Canyon Senior Center



Songs you love...

Hey Jude
Happy Together
Bye Bye Blackbird
I Left My Heart in
San Francisco
Moon Glow
At the Hop
Over the Rainbow
Hey Jude
Battle Hymn of the Republic
Hallelujah Chorus

& a few more

Wednesday September 23, 2026
Bear Canyon Senior Center
2:30-3:30

Specials include:

- Our Spectacular Soloists
- Trumpet Special by David Cappel
- Bernie Higgins on the Clarinet



Join us in the
Social Hall

Director: Linda Thomas
Accompanist: Nancy Lewis

Photo: Nature by Nancy
San Luis Valley, Colorado



OUT TO DINNER

Monday, Sep 14
Thai Spice
7441 Paseo Del Norte NE
505-503-1521

Check in: 4:45 pm Return: 8:30 pm

LUNCH BUNCH



Thursday, Sep 17
Tomato Cafe
7900 San Pedro Dr. NE
505-821-9300

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

Calendar of Activities



Teeniors
Monthly on the 1st Friday
Starting September 4th
3:00pm - 5:00pm

Teeniors (tech-savvy teens who help seniors or anyone else!) will provide free, one-on-one support to every attendee who wants to learn more about their cell phone. Open to all!

Space is Limited - Sign Up at the Front Desk



Presentations

Medicare Assistance
with Aurora Craig-McBride
Tuesday, Sept 15 at 10:30 am
Room 5

10 Warning Signs of Alzheimer's & Dementia
Alzheimer's Association, NM Chapter
Tuesday, September 22 at 10:30 am
Room 5

Frauds & Scams Seminar
Bank on Burque
Tuesday, October 13 at 10:30 am
Room 5



NICOLAS CAGE

Movie Matinee
Friday, Sept. 11 at 1:30 p.m. Room 5

NATIONAL TREASURE

Bear Canyon Senior Center
Autumn Guitar Concert
September 2, 2026
2:00-3:30 pm



Join us for an afternoon of musical entertainment featuring our own Bear Canyon musicians performing a selection of country, bluegrass, folk, jazz, rock, and Spanish music

All are welcome at this great musical and social event!
Refreshments will be served

Friends of Bear Canyon & Center Activities

September Restaurant Fundraiser

**Restaurant
To be Announced**

Stop by the front desk
for updates

We would like to thank:



for being the August Restaurant of the
Month!



Monthly Birthday Party



2nd Wednesday of the Month
1:30pm - 2:30pm
Dining Hall

Join Us to Celebrate!

**SPONSORED BY
THE FRIENDS OF BEAR CANYON**

August Birthdays



Pie Social

**Friday, September 18
1:30pm - 2:30pm
Social hall**

**Stop by for free pie and ice cream!
Enjoy fun and fellowship with friends**

**SPONSORED BY:
ANNA HERRERA
SEASONS REAL ESTATE**

**COLDWELL BANKER
LEGACY**

Bear Canyon Senior Center INDOOR FLEA MARKET

**SEPTEMBER 14 & SEPTEMBER 28
10 AM - 1 PM**

Last chance this season to shop and select from a wide variety of items for purchase. Join us to see what's on offer this month! Flea market will return in May of 2027.

A colorful illustration of a flea market scene with people browsing stalls under umbrellas, with various items like a television and a lawnmower on display.

Off-Site Opportunities- Note various locations

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731



FREE **MOBILE**
food pantry

Mobile food pantry for the community
supplied by Roadrunner Food Bank.

September 18, 2026 2:00PM– 4:30 PM
October 16, 2026 2:00PM– 4:30 PM
November 20, 2026 2:00PM– 4:30 PM
December 18, 2026 2:00PM– 4:30 PM

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ROADRUNNER FOOD BANK

ONE ALBUQUERQUE senior affairs protection Bank On Burque

Fraud & Scams Seminar

Topics Include

- ✓ How Scammers Trick You
- ✓ Top 5 Scams
- ✓ Identity Theft
- ✓ Understanding Red Flags
- ✓ Prevention Is Key
- ✓ Available Resources

You're invited: A free financial resource built to empower

Cyber criminals exploit vulnerable individuals using advanced engineering tactics. Knowledge is key to defense. Join us for a free workshop to learn tools that will help protect you from cyber threats.

Barelas Senior Center
Tuesday, September 22nd
10:30 - 11:30am
714 7th St. SW
Albuquerque, NM 87102

Call us to sign up for this seminar 505-764-6436

www.cabq.gov/seniors

ONE ALBUQUERQUE senior affairs HEALTH SCIENCES ncoa FallsFree national council on aging New Mexico Adult Falls Prevention Coalition

YOU HAVE THE POWER TO PREVENT A FALL

FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM will conduct falls risk screenings including strength and balance tests, foot health, medication review, home safety, vision, and more. Learn how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.

When
Friday, September 18, 2026
8:30 am to 12:00 pm

Where
North Domingo Baca
Multigenerational Center
7521 Carmel NE
Albuquerque, NM 87113



Brought to you by the City of Albuquerque Department of Senior Affairs Sports & Fitness Program, New Mexico Adult Falls Prevention Coalition, University of New Mexico Health Sciences Center, OASIS Albuquerque, and New Mexico Department of Health. For more information about Falls Prevention, go to ncoa.org/FallsPrevention.

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COFFEE WITH CONSTITUENTS

You are invited to visit with a member of the DSA Administration on Thursday, Sept 24
8:30 - 9:30 am
at
Los Volcanes Senior Center



Please ask at the front desk if you need directions.

30 Years!



PRIME TIME 50+ EXPO

Join us as we celebrate 30
incredible years of the 50+ Expo!

Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!

NEW LOCATION!

8:30AM - 1PM at the

Museum of Natural History & Science

- FREE EVENT -

**Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!**

Brought to you by Presenting Sponsor



BlueCross BlueShield
of New Mexico

AND

LA VIDA LLENA
LIFE PLAN COMMUNITY

THE NEIGHBORHOOD
LIFE PLAN COMMUNITY



PARNALL
LAW **Hurt? Call BERT.**



For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428

PrimeTimeNM.com

Breakfast Menu



MENU

MONDAY - FRIDAY

BREAKFAST

8:00AM - 9:00AM

Full Breakfast	\$4.00
2 Eggs, 2 Bacon Strips or 2 Sausage Links, Hash Browns, 2 Slices of Toast with Butter or Jelly	
Mini Breakfast	\$3.00
1 Egg, 1 Bacon Strip or 1 Sausage Link, Hash Browns, 1 Slice of Toast with Butter or Jelly	
Breakfast Burrito	\$4.00
Eggs, Hash Browns, Bacon or Sausage, Cheese, Red or Green Chile, Tortilla	
English Muffin Sandwich	\$3.00
1 Egg, 1 Bacon Strip or 1 Sausage Link, Cheese, Muffin	
Huevos Rancheros <i>(Tuesdays and Fridays Only)</i>	\$5.00
2 Eggs, Beans, Corn Tortillas, Cheese, Choice of Red or Green Chile	
Beverages	\$0.50
Orange Juice, Milk, or Tea <i>(Coffee is Complimentary)</i>	

Please Note: Breakfast is available to adults aged 50 and older.
Limit two of the same menu item per person to ensure availability for all.

Thank you.

CABQ.GOV/SENIORS



September Lunch Menu

Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$5.00

Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m. Please arrive by 12:30 p.m. for reserved meal.

**ONE
ALBUQUE
RQUE**

SEPTEMBER

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

I tried something
nuevo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31  Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1  Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2  Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3  Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4  Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	8  Roasted Pork Loin 3oz Brown Gravy 1oz Scaloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	9  Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	10  Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	11  Chile Bowl/Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
14  Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	15  Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	16  Lemon Pepper Pollock 3oz Buttered Noodles 4oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	17  Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	18  Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
21  BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	22  Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	23  Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	24  Anti-Inflammatory Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	25  Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
28  Green Chile Chicken 3oz Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29  Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30  Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1  Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2  Green Chile 4oz Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz

Department of Senior Affairs

Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience. This includes all City programs and activities and their locations.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited,
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the facility, program or service.

CITY OF ALBUQUERQUE



Mayor Timothy M. Keller



Department of Senior Affairs

Anna M. Sanchez, Director

Department of Senior Affairs

Marina Salazar, Deputy Director

Bear Canyon Staff

Tyler Dunn, Center Manager

Ya Vette Bailey, Program

Coordinator

Brenda Carroll, Office Assistant

Isaiah Barton, Program Assistant

Irene Gomez, Program Assistant

Peter Thompson, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services